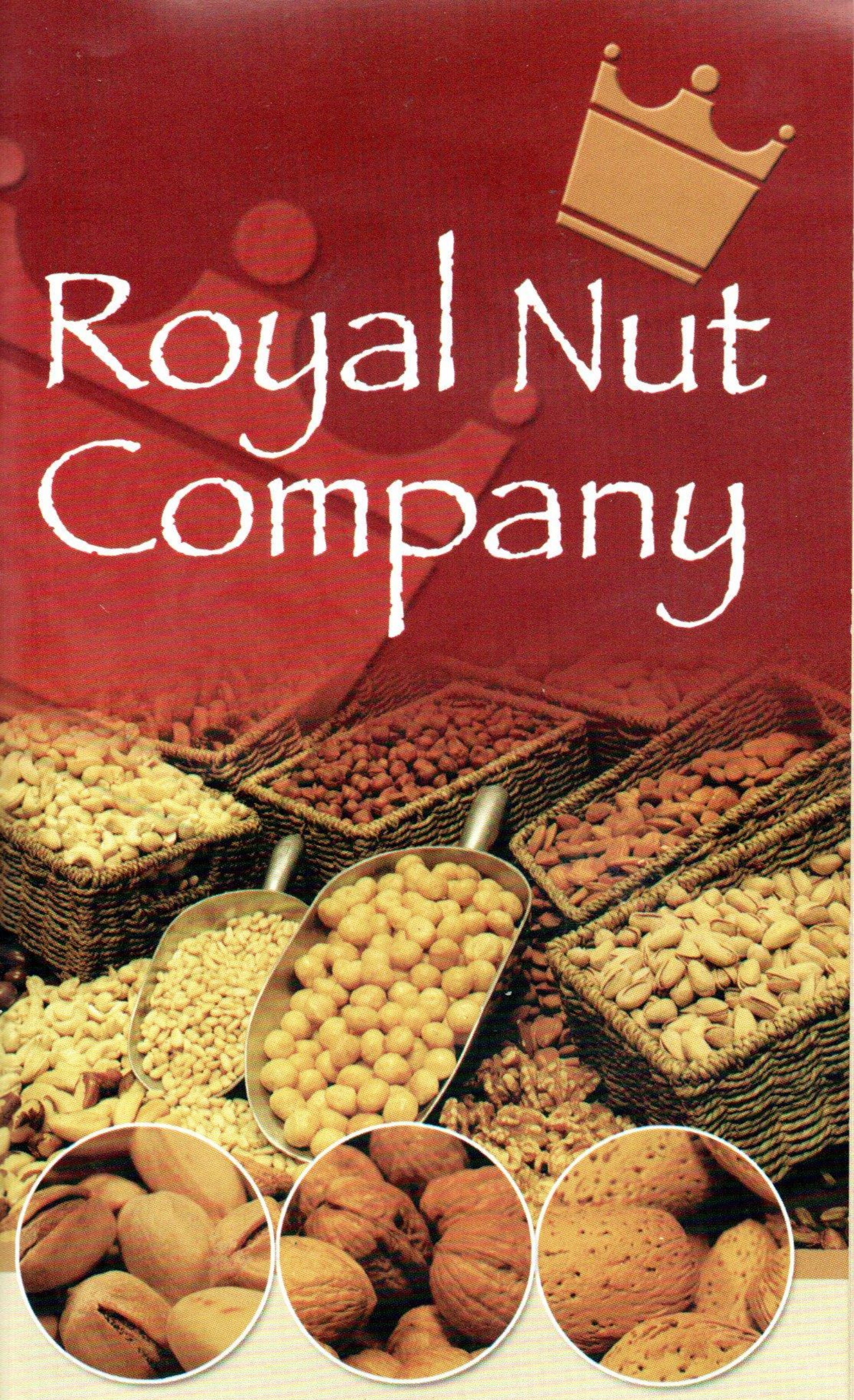
Royal Nut Company



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NCS INTERNATIONAL FOOD DIVISION CERTIFIED SYSTEM

Royal Nut Company

The Royal Nut Company
Fresh Nut Specialists

The Royal Nut Company was established in 1987, supplying quality products directly to the public, small businesses, retailers, companies and corporations. Located in the heart of Brunswick, Melbourne, it is a family owned and operated business, a retail and wholesale provider of quality nuts, dried fruits, beans, confectionery and spices.

We, at the Royal Nut Company, take great pride in delivering only the best service and the finest products sourced from Australia and around the world to our valued customers at competitive prices. Our passion and vision is reflected in the quality of our products. We source only A-Grade nuts which are consistent in size, aroma and taste.

Most of our products are processed and manufactured on the premises in accordance with HACCP (Health Analysis Critical Control Point) Certification requirements.

Our retail shop is located at the rear of 204-206 Albion St, Brunswick, Victoria.

All products are packed fresh on site and ready for purchase. With over 300 items on display, you will enjoy the experience of wandering through our shop finding so many different types of nuts, beans and dried fruit from around the world. You will also be given the chance to taste them before you decide to buy and then you will find yourself coming back again and again, as it is one of Melbourne's best kept secrets. Visit our retail shop and see for yourself! Smell the freshness and taste the difference! Any one of our friendly staff is always available to help with your questions and selection.

Almonds

Almond Meal Blanched
Almond Meal Natural
Almonds in Shell
Blanched Whole Almonds
Cinnamon Almond
Dry Roasted Almonds
Dry Roasted Salted Almonds
Flaked Almonds
Honey Roasted Almonds
Lemon Salted Almonds
Raw Broken Almonds
Raw Large Almonds
Slivered Almonds
Smoked Roasted Salted Almonds
Split Blanched Almonds
Vanilla Almond

Brazil Nuts

Brazil in Shell
Brazil Nut Halves
Brazil Nut Kernels

Cashews

Broken Cashews Large
Broken Cashews Small
Chilli Cashews
Cinnamon Cashews
Dry Roasted Cashews
Dry Roasted Salted Cashews
Honey Roasted Cashews
Raw Broken Cashews
Raw Whole Cashews
Roasted Salted Cashews
Roasted Unsalted Cashews

Hazelnuts

Dry Roasted Hazelnuts
Hazelnut in Shell
Hazelnut Meal
Raw Hazelnut Kernel
Roasted Crushed Hazelnut

Australian Macadamia Nuts

Cinnamon Macadamia
Honey Roasted Macadamia
Macadamia in Shell
Macadamia Meal
Raw Broken Macadamia -style 4,5,6,7.
Roasted Salted Macadamia
Roasted Unsalted Macadamia
Wasabi Macadamia

Australian Peanuts

BBQ Peanuts
BBQ Chilli Peanuts
Cinnamon Peanuts
Crushed Peanuts
Herb & Garlic Peanuts
Honey Roasted Peanuts
Hot Chilli Peanuts
Hot Wasabi Peanuts
Raw Blanched Peanuts
Raw VK1 Peanuts
Roasted Peanut in Shell
Roasted Salted Beer Nuts
Roasted Salted Peanuts
Roasted Unsalted Peanuts
Sesame Curry Peanuts
Sweet & Salty Peanuts
Vanilla Peanuts

Australian Pecan Nuts

Pecan in Shell
Pecan Meal
Pecan Meat

Pine Nuts

Pine Nuts Large
Pine Nuts Small

Pistachio Nuts

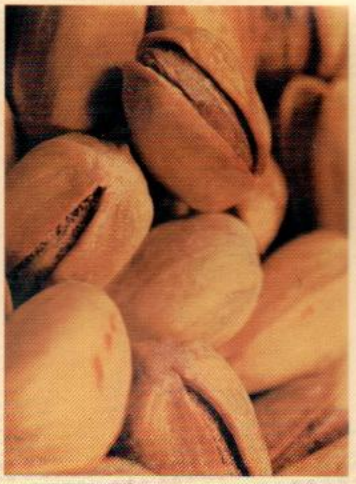
Raw Aust. Pistachio Kernel
Raw Iran. Crushed Pistachio
Raw Iran. Pistachio Kernel
Roasted Salted Pistachio in Shell
Roasted Salted Pistachio Kernel
Roasted Unsalted Pistachio in Shell

Walnuts

California Walnut in Shell
California Walnut Meat
Chinese Walnut Meat
Cooking Walnut
Light California Walnut Meat

Mixed Nuts

Fruit & Nut Mix
Healthy Nibbles Mix
Hot & Spicy Mix
Raw Healthy Mix
Roasted Salted Mixed Nuts
Roasted Unsalted Mixed Nuts
Royal Nut Mix
Salted Super Mix
Tasty Mix



Spreads

Almond Spread
Almond, Brazil & Cashew Spread
Cashew Spread
Hazelnut Spread
Macadamia Spread
Pistachio Spread
Royal Spread

Dried Fruit

Apple Dried
Apricots Australian
Apricots Turkish
Banana Chips
Caramelized Banana Chips
Cherries Glaced
Coconut Fine
Coconut Flaked
Coconut Shredded
Currants
Dates Chinese Pitted
Dates Chinese Red
Dates Pitted
Figs
Fruit Medley Australian
Fruit Mix for Cakes

NUTRITIONAL ANALYSIS OF RAW TREE NUTS

Per 100g	Almond	Brazil	Cashew	Hazelnut	Macadamia	Pecan	Pine Nuts	Pistachio	Walnut	Mixed Tree Nuts[4]
Energy (kj)	2525	2888	2437	2693	3068	2977	2921	2530	2901	2574
Protein (g)	20.0	14.4	17.0	14.8	7.6	9.8	13.0	19.7	14.4	13.4
Fat Total (g)	55.2	68.5	49.2	61.4	76.2	71.9	70.0	50.6	69.2	57.34
Fat Saturated (g)	3.6	14.8	8.4	2.7	10.3	4.5	4.2	5.8	4.4	6.5
Fat Mono-unsaturated (g)	36	21.8	31.1	48.6	61.4	39.1	23.0	26.6	12.1	33.3
Fat Poly-unsaturated (g)	13.1	29.0	7.5	7.1	0.9	24.8	39.8	15.8	49.4	20.8
Fat Omega-3 (mg)[1]	0	0	0	100	0	600	0	0	6300	778
Carbohydrate Total (g)	4.4	2.4	16.8	5.1	4.5	4.9	4.5	15.1	3.0	9.5
Carbohydrate Sugars (g)	4.4	2.1	5.5	4.4	4.5	4.3	3.4	5.9	2.7	4.1
Dietary Fibre (g)	8.8	8.5	5.9	10.4	6.0	8.4	5.1	9.0	6.4	7.7
Sodium (mg)	5.0	2.0	11.0	3.0	3.0	3.0	3.0	7.0	3.0	4.1
Potassium (mg)	690	560	550	680	330	500	600	950	440	587
Magnesium (mg)	260	350	250	160	95	110	230	100	150	160.6
Calcium (mg)	235	150	34.0	86.0	48.0	51.0	11.0	90.0	89.0	80.7
Iron (mg)	3.5	2.2	5.0	3.2	1.8	2.4	4.1	3.9	2.5	2.9
Zinc (mg)	3.6	4.1	5.5	2.2	1.2	3.9	5.3	2.3	2.5	3.1
Thiamin (mg)	0.17	0.60	0.64	0.39	0.28	0.42	0.57	0.58	0.33	0.43
Riboflavin (mg)	1.15	0.43	0.19	0.17	0.10	0.18	0.19	0.29	0.18	0.30
Niacin (mg)	3.80	0.60	1.80	2.20	2.00	1.30	4.3	1.50	1.40	2.09
Folate (mg)	49	21	68	72	16	39	60	67	66	56.8
Pantothenic acid (mg)[2]	0.349	0.236	0.864	0.918	0.758	0.863	0.210	0.520	0.570	0.585
Vitamin B6 (mg)[2]	0.131	0.251	0.417	0.563	0.275	0.210	0.111	1.700	0.537	0.470
Vitamin A (mg)	2.0	2.0	1.0	3.0	0	4.0	2.0	22.0	4.0	4.1
Vitamin E (mg)[2]	26.2	7.6	1.5	15.2	0.5	4.1	DUA	4.6	2.9	7.0
Copper (mg)[2]	1.11	1.77	2.19	1.72	0.75	1.20	1.04	1.30	1.58	1.32
Manganeses (mg)[2]	2.53	0.77	1.65	6.17	4.13	4.50	4.33	1.20	3.41	2.99
Selenium (mg)[2]	4.4	2960	20	4.0	4.0	6.0	DUA	7.0	5.0	335
Arginine (g)[2]	2.47	2.39	1.74	2.21	1.38	1.18	2.25	2.13	2.28	1.83
Plant Sterols (mg)[2]	120	DUA	158	96	114	102	DUA	214	72	125

1. Meyer BJ, Tsivis E, Howe PRC, Tapsell L, Calvert GD, Polyunsaturated fatty acid content of foods. Differentiating between long and short chain omega-3 fatty acids, Food Aust 1999 March; 51(3):81-95
2. United States Department of Agriculture National Nutrient Database for Standard Reference Release 15.ASCII
3. Australian Data for roasted chestnuts www.chestnutgrowers.com.au *US data for European roasted chstnuts
4. Average quantities excluding nut entries with unavailable data

DUA = Data Not Available NT = Not Tested

Kilojoule content includes the energy from dietary fibre

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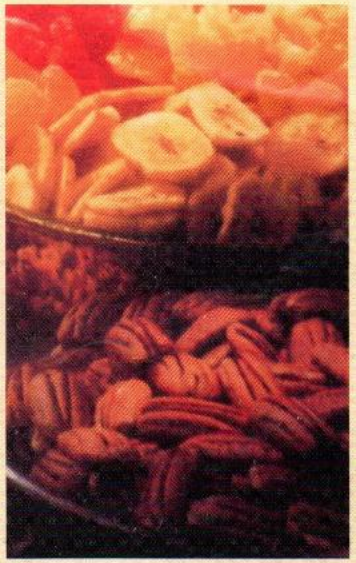
For more information on the Nuts for Life program refer to www.nutsforlife.com.au

Dried Fruit - *continued*

Fruit Salad
Ginger Crystallized
Ginger Glaced
Glaced Apricot
Glaced Figs
Glaced Orange
Mango Diced
Mango Spears
Mixed Peel
Nectarine Dried
Pawpaw Diced
Pawpaw Spears
Peach Dried
Peach Glaced
Pear Dried
Pear Glaced
Pineapple Diced
Pineapple Glaced
Pineapple Rings
Prunes Pitted
Raisins
Sultana Australian
Sultana Australian Large
Sultana Australian Natural
Sultana Bakers
Sultana Golden Jumbo
Tomatoes Semi Dried
Tomatoes Sun Dried
Tropical Mix

Beans

Barley
Adzuki Beans
Black Eye Beans
Black Mung Beans
Black Turtle Beans
Borolotti Beans
Broad Beans
Canellini Beans
Faba Green Beans
Faba Split Beans
Great Northern Beans
Green Mung Beans
Haricot Beans
Lima Beans
Lupini Beans
Red Kidney Beans
Soya Beans
Besan Flour
Bran Cereal
Bran Oat
Buckwheat
Bulgur Coarse
Bulgur Fine
Chickpeas Double Roasted
Chickpeas Large Raw
Chickpeas Small Raw
Chickpeas Split Raw
Chickpeas White
Chickpeas Yellow
Coffee Beans Dark Roasted
Coffee Beans Light Roasted
Cous Cous
Dhal Channa
Dhal Mung
Felafel Mix
Lentils Doupoui
Lentils Green



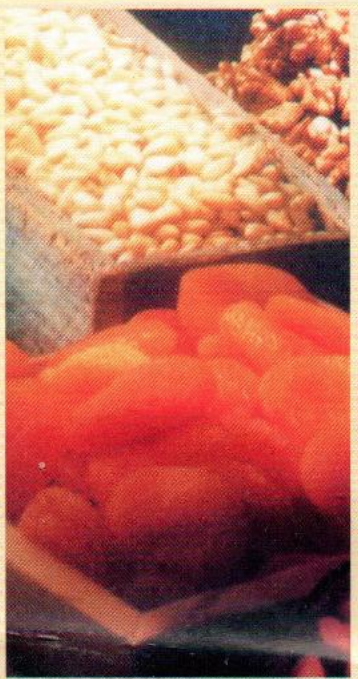
Lentils Red Split
Lentils Red Whole
Linseed
Oats Rolled
Papetas
Peas Green Split
Peas Yellow Split
Polenta
Pop Corn
Pumpkin Seed Salted
Pumpkin Seed Unsalted
Rice Indian Basmati
Rice Rolled
Semolina
Sesame Seed
Soup Mix
Sunflower in Shell
Sunflower Kernel
Tahini White Hulled
Watermelon Seed Salted
Wheat Hulled

Snack Food

Broad Beans Pepper
Chips Vegetable
Corn BBQ
Corn Original
Corn Chips BBQ
Corn Chips Cheese
Corn Chips Chilli
Corn Chips Salsa
Dip Stix Garden Herb
Dip Stix Honey & Dijon Mustard
Dip Stix Hot Chilli
Dip Stix Monterey Jack Cheese
Dip Stix Sweet Chilli & Lime
Green Peas Processed
Green Peas Wasabi
Peanut Cracker Mixed
Peanut Cracker Wasabi
Pretzels
Rice Crackers
Rice Crackers Sumo
Rice Snacks BBQ
Rice Snacks Black Pepper
Rice Snacks Chilli
Rice Snacks Wasabi
Soy Noodles BBQ
Soy Noodles BBQ Chilli
Soy Noodles Cheddar Cheese
Soy Noodles Sweet Chilli
Soy Noodles Tangy Chive

Chocolates

Chocolate Almonds
Chocolate Bullets
Chocolate Buttons
Chocolate Cashews
Chocolate Coffee Beans
Chocolate Ginger
Chocolate Hazelnut
Chocolate Honeycomb
Chocolate Macadamia
Chocolate Nut Assortment
Chocolate Peanut
Chocolate Pistachio
Chocolate Raspberries
Chocolate Raspberry Bullets
Chocolate Sultana
Dark Chocolate Almonds
Dark Chocolate Bullets
Dark Chocolate Ginger
White Chocolate Bullets
White Chocolate Raspberry Bullets



Confectionery

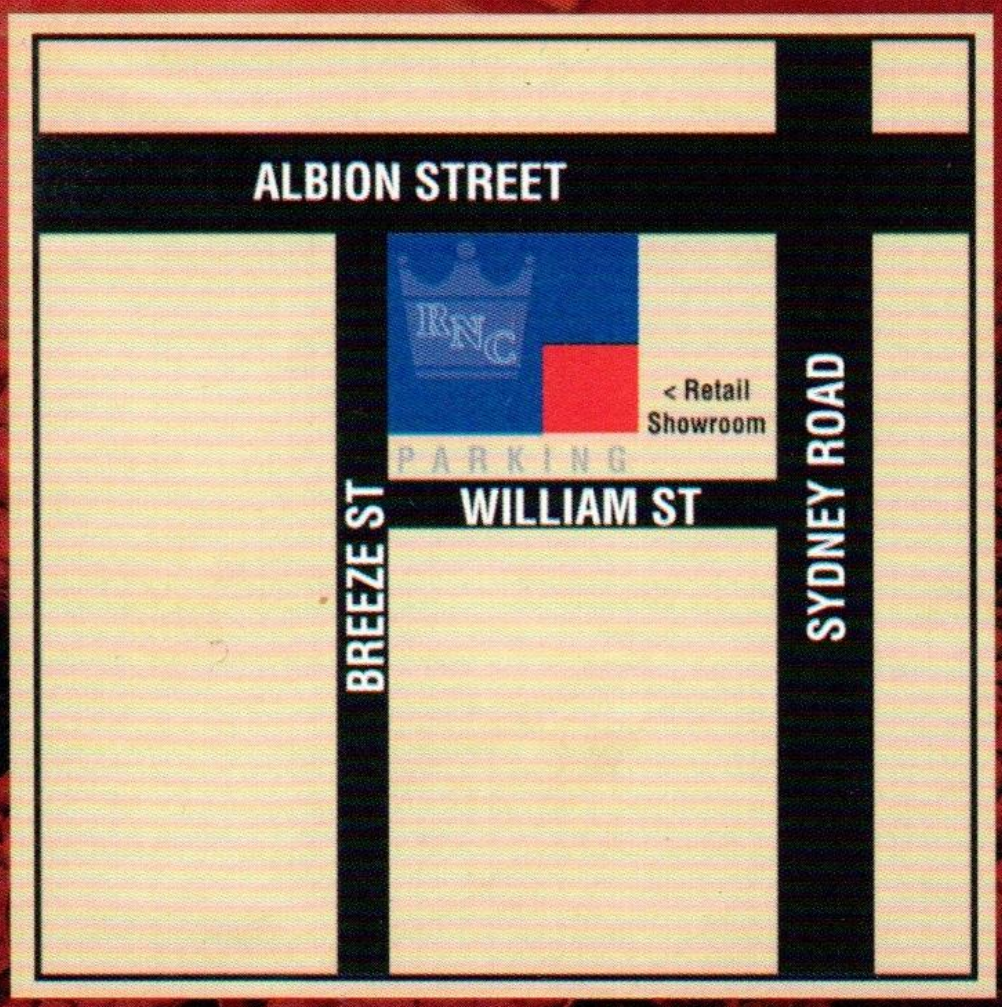
Aniseed Rings
Apricot Delight
Apricot Frost
Bananas
Berries Mixed
Chocolate Sprinkles
Cocoa Powder Dutch
Freckles
Fruit Rings
Gummy Bears
Jellies
Jelly Babies
Jelly Beans
Jelly Beans Giant
Licorice Allsorts
Licorice Pieces
Lollies Honey & Eucalyptus
Mini Fruit Bites
Party Mix
Raspberries
Smarties
Snakes
Sour Cola Bottles
Sour Glow Worms
Strawberry & Creams
Sugar Almonds
Tropical Mix
Turkish Delight

Spices

Aniseed Ground
Aniseed Star Whole
Aniseed Whole
Asafoetida Powder
Basil
Bay Leaves
Bird's Eye Chilli
Black Seed
Cajun Seasoning
Caraway Seed
Cardamom Pods
Cardamom Powder
Cardamom Seeds
Chicken Marinade
Chicken Seasoning
Chicken Seasoning BBQ
Chicken Seasoning Kentucky Style
Chilli Hot Ground
Chilli Powder Kashmiri
Chives
Cinnamon Powder
Cinnamon Sticks
Citric Acid
Cloves Powder
Cloves Whole
Coriander Powder
Coriander Whole
Cumin Powder
Cumin Seed
Curry Powder Hot
Curry Powder Mild
Dill
Fennel Ground
Fennel Seed
Fenugreek Powder
Fenugreek Seed
Garam Masala Mild
Garlic Granules
Garlic Powder
Ginger Ground
Juniper Berries
Mace
Mahlepi Ground
Mahlepi Whole
Mint
Mixed Herbs
Mixed Spice for Cakes
Mixed Spice for Cooking
Mustard Seed Brown
Mustard Seed Yellow
Nutmeg Ground
Nutmeg Whole
Onion Flakes
Onion Ground
Oregano
Paprika Smoked
Paprika Sweet
Parsley
Pepper Black Crushed
Pepper Black Ground
Pepper Black Whole
Pepper Steak Lemon
Pepper Steak Mixed
Pepper White Whole
Pimento Ground
Pimento Whole
Poppy Seed
Rosemary
Saffron
Spinach Flakes
Spinach Powder
Sumac Ground
Thyme
Tomato Powder
Turmeric Powder
Vanilla Beans Fresh
Vanilla Sugar

This list is not comprehensive as we are constantly developing and sourcing new varieties and products for our valued customers.

Royal Nut Company



(Enter from William Street)

TRADING HOURS

Retail Showroom (Open to Public)

Mon-Fri 8.30am - 5.00pm

SATURDAY 8.30am - 2.00pm

www.royalnutcompany.com.au

WHOLESALERS, PROCESSOR OF NUTS,
SPREADS, DRIED FRUIT,
BEANS, CONFECTIONERY & SPICES